

# Senior Aerobics

## For Ages 55+



Come join Senior Aerobics! A great way to get in shape by using weights, balls, mats, balance, and resistance bands. Classes are held on Tuesday and Thursday mornings.

Register early to ensure your spot

Ages	Days	Dates	Fee	Code
55 +	<u>Tues/Thurs</u> 9:00 am-10:00am	June 6/6 - 6/29	\$45R / \$56NR	414426 A1
		July 7/11 - 7/27	\$45R / \$56NR	414426 A2
		August 8/8 - 8/31	\$45R / \$56NR	414426 A3

<b>Location:</b>	Wellington Community Center   (561) 753-2484   12150 Forest Hill Blvd
<b>Instructor Contact:</b>	Lynn Spoor - Phone: (561) 202-5966 Email: spoorlady@bellsouth.net
<b>Special Notes:</b>	Please bring yoga mat, towel, and water.



### REGISTER ONLINE\*

You can register for most programs online at:  
[www.wellingtonfl.gov/webtrac](http://www.wellingtonfl.gov/webtrac)

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

*\*First time participants must register in-person to establish a household in our system. **Proof of residency and age required.** Not all programs available for online registration. Visit [wellingtonfl.gov/activityregistration](http://wellingtonfl.gov/activityregistration) for more info.*

### Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2<sup>nd</sup> class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

### Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

